

# BRIDGES

WEDNESDAY, DECEMBER 4, 2013

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Saskatoon entrepreneur's oatmeal made with love. **P. 14**

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Angela Frenkiel's brain tumour experience in *Cranium Crisis*. **P. 23**

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Gold medal chefs turn food into art at nationwide event. **P. 24**

## SASKATOON'S SWEETHEART

HEATHER MORRISON USES HER LOVE FOR THE ARTS AND FOR LAUGHTER TO MAKE A DIFFERENCE **P. 6**



FREE

# INVENTORY

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## # MUSEO COFFEE

Museo has purchased a lot of firsts in Saskatchewan like being the first micro-roasted coffee bar and the first to use French press as its main brewing method. Museo was also the first cafe in Saskatchewan to have a La Marzocco GB5 espresso machine.

Manager Jeremy Onopachuk works with San Francisco-based Tern O'Brien to source the beans O'Brien visits the barns, specific smallholder estates and co-ops. Beans are purchased for \$9 to \$10 per cent (or higher) than the current fair trade price.

Onopachuk then creates custom blends by roasting the beans in Saskatoon. There are three to choose from: Espresso, Kenyan and Ethiopian.

Try it at the Mondo Art Gallery and at 190A Broadview Ave.

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BRIDGES PHOTO BY MICHELLE BERG



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# IN THE CITY

# DECEMBER 1, 2013 - 2:07 P.M.

## Songs of the season



**Angel of Music** (with the Angelicis, denver.org/angelicis) For kids who love to sing, the Angelicis (with several Christmas pieces), at Glenshee Park United Church, Kellie Nale, directed by Debrah Boan and Lauren Anne Miller, is a non-auditioned interpretation for children and youth with and without disabilities. There are 25 members ages 4 through 18 who all love to sing. The Angelicis, directed by Diane Phillips with assistant Michael Gossert, is a small ensemble of youth with special needs singers. Some of whose are former kids of Alpine children's homes. (PHOTO BY BRONNIE MING)

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Performing on the big stage

By Angelina Irinici

Fremdie Singers' stage director Albert Coustau has been singing with the group for just over 20 years. He sings in the bass section, does set design and has been the stage director for the last eight years. Right now the group is preparing for its annual Christmas concert held at TCU Place. It's Coustau's favorite place in the city and whether it's performing or rehearsing, his favorite memories come from spending time at the downtown auditorium.

**Q.** When did Fremdie Singers start performing at TCU Place?

**A.** About seven or eight years ago we needed a larger venue to perform our concerts. The largest venue in Saskatoon for our kind of concert was TCU Place, so we came down here and started performing our Christmas shows. It's just an amazing feeling to be singing and performing in Saskatoon's premier auditorium. The people here are phenomenal to work with — they are so friendly and helpful. It was a big jump for us because we had normally performed in churches and to come here to the big stage was intimidating.

**Q.** What was it like about being on a small stage then coming to the size of TCU?

**A.** It kind of blew my mind a little bit [laughs]. It was a little bit nervous, doing your knowing that there was so much more space for everybody, but in some ways it was a lot of a relief. We had small spaces, we had to be creative for our rehearsals and had people backstage from here who could help us along the way. They were fantastic and took care of us, and lights and sound and every thing. It was a relief knowing that professionals were handling every thing for us and all I had to worry about was where people were going to stand.

**Q.** How does a larger venue change the



Albert Coustau, the Fremdie Singers' stage director, at his favorite place in Saskatoon: TCU Place. BRIDGES PHOTO BY GARY WHALEY

experience?

**A.** There's a real energy rush when you're performing on a place like this. You know that is the premier auditorium on Saskatoon, so you get a sense of real accomplishment and that it's going to touch everybody in the cast — like in Le Miserable — everybody from Jean Val Jean to the smallest child that is here in

our cast. We had done Le Miserable four times and we were worried we wouldn't have the energy that we had before. When we got there, every body was up 10 notches from where they were, and then some.

**Q.** What was it like the first time you performed on that stage?

**A.** It was really intimidating

We were all pretty nervous — we brought some props in and thought, "Are they big enough? Are they going to look silly?"

**Q.** Do you have a memory or moment that stands out for you while performing at TCU Place?

**A.** The first year when we performed here we were doing a song on the

choir risers, which are on a wooden box. As we were doing the song we were kind of dancing and one of the guys got a little carried and jumped really hard and ended up putting his foot through the box and broke the risers. He was right into it! But we all kept going on and he pulled his foot out. I'll never forget that moment.

# ON THE COVER

I would almost say that I enjoy being out in the community possibly even more than being on air. — Heather Morrison

BY HEATHER MORRISON

## Making a difference through the arts



Heather Morrison hosts Magic 95.9's 5 a.m. radio show. Through a variety of humorous one-liners and sound-bites, she strives to make her show both fun and informative. (PHOTO BY MARIELE BORG)

By Jenn Sharp

The writer of this column was a long one. After six months of cold, Sustafrost needed me. And face them it was in the form of Heather Morrison.

The local radio personality and actress had a bright idea. She declared a "spring sale" and she and Gregger from Magic 95.9 cleaned bathrooms and rubber boots. Carrying unclean laundry, they ran up Spudan Crescent, reviving their aches for a radio hit. Some people just carry the weather

wherever they go.

Morrison's career seems to be the energy she gets from the people around her. The witty relationships and interactions that keep her going. From listening to her Afternoon Drive show on Magic 95.9, to watching her perform in local theatre or BBC events, it's easy to feel like you know her on a personal level.

Morrison, 35, has a hand for life that's contagious. In fact, Gregger likes to exaggerate, a reference of using fans to follow her to work. Maybe

he's a DJ prodigy. But he does appear to be Morrison's on-air leveller.

"We really hit it off," says Morrison. "We both have the same sense of humour which will probably never let her hear me say."

### THE WOMAN BEHIND THE VOICE

However, it takes her a while while she wakes up to Gregger's banter in the morning.

Gregger is at the station at 4:30 a.m. Heather wills is at 10.

"I know enough now not to say

anything to Heather until she gets a call or two. When she first started, I was already at least nine. She's at 10 now. And I'm like, 'Hey!' Gregger says, ready to go. She'll give a look and you just know you better keep it down and look at off!"

Morrison never planned on a radio career. She has a BFA from the University of Saskatchewan in theatre. After Saskatchewan, Media Group's Vic Iacobus saw her VCR tape right at Shakespeare on the Saskatchewan. He offered her a job which she ac-

tually turned down. She changed her mind a few weeks later.

He thought she had natural talent and wasn't concerned about her lack of formal broadcast training (she's heard that). I'm a Therapists on CFCB for several years,"

"You have to have intelligence, the gift of the gab and the desire. She had all of these things," he says.

Since her performance on air and her community involvement against Tuberculosis

You have to have intelligence, the gift of the gab and the desire. She had all of those things.

— Vic Dubois



Heather Morrison in the home office of her downtown apartment. BRIDGET PHOTO BY MICHELLE HIRSA

"She's so ready, willing and able to do whatever we ask her to do. She's a humor star's got a great attitude."

Her passion for the arts helps too.

"It's good to have somebody on staff, an inner person, on particular who's into that area and the city understands it and likes it."

After a short four months working overhauls and late-night shifts, Morrison began hosting the Afternoon Drive. It turns out radio can put her off.

"I really like it because it's a very conversational way to entertain people. I really like the opportunity to make people laugh during the day and to make people feel good," she says.

However, Morrison's true joy comes from a different place.

"I would almost say that I enjoy being out in the community probably even more than being

on air. That's when you really get to interact with people, volunteer with charities and really be a part of Saskatoon."

At just 26, that engagement has already earned her recognition. She was nominated for a 2013 TWCA Woman of Distinction Award. In addition, the production company, Known Entertainment, sits on the board for the Breakfast Television Division in the newest behind the scenes popular Big Shizzy Times Remake for the festival.

"The community really needs people like her who's involved in so many things," says Goggin.

One of those things is a theatre project with Joel Bernstein. Morrison helped him start Sans Theatre, which provides the performances are free of charge, downtown on Aug. 6.

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# MESSIAH

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conductor

Saskatoon Chamber Singers  
directed by James Hawn

Chelsea Mahan soprano  
Alicia Woyniarski mezzo-soprano  
Michael Harris tenor  
Dominic Gregorio basso

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or 550 Office, 306.665.5414 (Messiah)



The community really needs people like her; she's involved in so many things.

—Grainger

Over 4,000 people attended the *It's Theatre to the Park* production of *Alice in Wonderland* this summer. The innovative concept garnered them the Juno's Award for Innovation at the Saskatchewan and Alberta Theatre Awards. (She was also nominated for her performance in *Conflict*.)

While the recognition is always nice, for Morrison it's not about the awards.

"I love the idea of bringing theatre to people who haven't seen it before, but especially for children and giving them the opportunity to see it without the

financial or social barriers," she says.

"That's what we're really about: building community as well as entertaining people and having some laughs."

Bernstein, who says she's a "joy to work with," points to the numerous causes she supports in Saskatchewan as evidence of her commitment to the community.

"She's in it for the right reasons. Heather's not the type of person who's in it for Heather. She's in it because she believes in things that make our city a better place."



"I love the idea of bringing theatre to people who haven't seen it before," says Heather. "It's about the community being the most important thing."

## A FEW OF HEATHER MORRISON'S FAVOURITE THINGS:

### RECORD PLAYER AND RECORD COLLECTION

A birthday gift from her boyfriend, he also gave her several albums meaningful to the pair. When her parents moved to Ottawa recently, she inherited their record collection, which includes Michael Jackson's *Thriller* and numerous children's albums.

"I really like (that). It makes me feel like they really cared about us when we were kids."



### YOGA MAT

She began practicing yoga steadily two years ago. It's now a vital part of her life.

"It reduces anxiety, helps me be more mindful and helps me be more OK with myself. There's just a lot of peace in yoga."



### PHONE

It's her connection to her family, who all live in Ontario, her best friend in Vancouver and her musician boyfriend in Toronto.

"All of my relationships are through my phone — texting and pictures and videos and calls."

The real exciting thing is not what she's done but what lies ahead. It's pretty amazing to see a young woman of this caliber coming out of our city. — Joel Bernbaum



#### LOOKING AHEAD

For the woman who believes "laughter is the best medicine," Morrison's goal is to make a master's degree in drama therapy and/or a career path where she can teach using drama. She loves psychology (her dad was a therapist) and with the Saskatoon Community Clinic for 30 years, she's taking a course in child development.

"(Drama) has the power to heal. When I teach, I teach to heal. But I would like more skills to be able to do that well."

Through her volunteer work, she does just that, like at Camp Frosty (a winter-themed, summer leadership retreat for sexual minority gender variant and allied youth.)

"That was an interesting experience. I didn't think I've ever laughed so hard. It gave me the opportunity to use drama to make people feel OK about themselves and really share."

Morrison is setting up a program to teach drama to underprivileged children through Care & Share Saskatoon. In the

past, she's worked with the Saskatoon Native Theatre Company and the Persephone School of Theatre. She's taught drama to children and adults. Gregor even took some of her improv classes before they knew each other.

For Bernbaum and others who have watched this self-described layer of Ian Kerton quickly blossom, Morrison's future is bright.

"The real exciting thing is not what she's done but what lies ahead," says Bernbaum. "It's pretty amazing to see a young woman of this caliber coming out of our city. Let's hope we can keep her here."

"I couldn't imagine our community without Heather," Gregor affirms.

And neither can we. Bridges and StarPhoenix photographers have captured many images of Morrison over the years (in the following page is a retrospective look at a few of Gregor's favourite Morrison shots, with an up-to-date synopsis from the woman herself).



Heather Morrison takes a break from her work as a drama therapist to enjoy a cup of coffee.

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That's the thing with acting — you do these things to look right on stage but then you have to exist outside of that!

— Morrison



## A glimpse into Heather Morrison



2006 — Greystone Theatre production of "sic!"

"You see my hair right here?

There is a part where she takes off the wig in Elizabeth Rex and she's supposed to look bald because she's going to lead possession.

So they cut my hair super short and then shaved off my forehead. That's the thing with acting — you do these things to look right on stage but then when you have to exist outside of that I'm still friends with both

of these guys (Jules Mercer and Curtis Henshaw)!"

FILE PHOTO



2012 — LUGO at the Mendel Art Gallery

"I had to be there early because I was portraying a scene I was performing. Someone had given me this drink. Michelle (Bridges photographer) was there and I said, 'Take a picture so it looks like I'm the last man standing!' But it was actually before anybody showed up."

BRIDGES PHOTO BY MICHELLE BORG



Spring, 2013 — MCing the Mercedes Benz Fashion Show during the Saskatoon Fashion and Design Festival

"I was basically standing there in my underwear and that shirt waiting for the model to come off the stage. Then we ripped (the skirt) off her and put it on me and I went out to do it."

BRIDGES PHOTO BY MICHELLE BORG



January, 2013 — Swinging with the Stars

"It was a lot of work — I'm not a professional dancer / have no dance training. I have no rhythm, but I had an amazing time. I had a lot of fun. Souped Lisa Dutton was so awesome and I went right after her. You can put that in there."

PHOTO COURTESY SWINGING WITH THE STARS

**NEXT WEEK:** What do you think of sooths? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**# PARENT TO PARENT**

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

## How do you deal with sibling fighting?



"Separate to their bedrooms. And after they cool off we talk." — Shirley Stark Hechtman

"Well, I only have one right now with another on the way, but the one I have that keeps me up at night is when my two girls just attack each other. It's like the older one is just out of hand. That happens when they're not getting enough attention. They've had some time to cool down and discuss it." — Meagan Sanders

"A lot of times I let them try and work it out, and if it keeps on it creates too much concern. I have two girls and as much as I tell them that there is no way they're hurting each other, never mind when it does." — Jenn Lystan

"I let them work it out for the most part." — Connie Deacon

"We are really lucky as our kids are power and not heaven (power is the extreme, hellish stage). The reason we have had to strangle in our children, not killing them, little sister, teaching her to compromise. When this happens, we try to encourage him to teach her how to do it. Doing this will be the last time? Of course not! Other times we will research and separate to solve the problem." — Alyson Cottencouch

# Authentic Amish Cooking



Authentic Amish Cooking

## Saucy Meatballs

1 lb. Ground  
1/2 Onion  
1/2 Milk  
2 T. Pepperoncini  
1/2 Salt  
1/2 Worcestershire  
1/4 lb.

Onions  
10 oz. 4 oz. Diced  
1/2 lb.  
1/2 lb.  
1/2 lb.  
1/2 lb.  
1/2 lb.

Instructions for meatballs: Shape into 1 1/2" balls. Brown on both sides in skillet. Combine sauce ingredients. Pour over meatballs. Cover and simmer 20-30 minutes. Serve with mashed potatoes.



## Crisp Gingerbread Cutouts

1/2 C. Shortening  
1/2 C. Mincemeat  
2/3 C. All Purpose Flour  
1/3 Baking Powder  
1/3 Ground Cinnamon  
1/3 Baking Soda  
Peanut Butter  
Vanilla Extract

1/2 C. Sugar  
1 tbs.  
1/2 C. Ground Cinnamon  
1/2 C. Ground Cinnamon  
1/2 C. Ground Nutmeg  
1/2 C. Salt  
Peanut Butter

In a mixing bowl, cream shortening and sugar. Add mincemeat and eggs and cream. Combine dry ingredients and add the creamed mixture. Roll out 1/8" thick. Cut out shapes. Let dry for 15-20 minutes. Bake at 350° for 10-12 minutes or until the edges are lightly browned. Remove from racks to cool. Yield: about 40 cookies.



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# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

### The Force is with tattoo-shop owner

By Andrew Matte

**WHO?** Tony Oh

**WHAT?** In The Flesh, a custom tattoo shop that opened seven years ago

**WHERE?** In February, Oh moved to a new location in February after a fire and grants issued moved out of the space at 1325 St. John St.

**WHY?** Oh wanted to make sure the decor of his shop reflected his emphasis on creativity and style. Since the retailer that used the shop location installed new lighting and had tired floors, Oh was left with walls to paint and decor to add.

"When you move into a new space, whether it's a house or a business, I look at the whole mood of the place and how it feels on the inside and the outside," he said. "I usually focus on themes mostly consistent. My bathrooms are all red and black and my shop is red and black. These are the palettes we just feel most comfortable with."

Oh also wanted the shop to look polished, sterile, and above all, sanitary.

"When someone walks into a tattoo shop, it's important that they think it's cool. And there are some places where you walk in and say, 'Do I want to touch anything in here? I don't want that,'" he said.

**HOW?** With the help of friends, Oh did all the deconstructing and painting himself. He also bartered for other help and furnishings. "I have a lot of clients and I have a lot of friends who are willing to come. So the dollar amount isn't that high but the value of what I was able to do is worth a lot of money."

The hunt was on for items to complete the space, such as personal artwork and used items like the sofa for the waiting room and heavy items like the Cigar Warehouse. Meeting-room chairs and a coffee table were purchased at a junk. The shop has plenty of custom showpieces, including a space-painted sofa on a wall, a guitar Oh used from his days as a member of local rock band Leverage Plan and an art made of laser-cut sheet metal in the shape of skulls. There is also a custom In The Flesh t-shirt created with the help of a friend who works at an embroidery shop.



# SPACES



"It turned out really cool but it's basically a giant box of weird that we cut and painted," Oh said.

There are also plenty of masks. "I'm not sure why I like masks. But I do." And an occasional mirror gets a lot of use by clients. "It's probably the most used thing there in the shop."

But the most unique because are the Star Wars themes that float from walls and sit on shelves.

Former a Star Wars fan, he started collecting memorabilia from the movie franchise a few years ago. The fermenting art will be his youth as he also accepts items from his father who has his own large collection of Darth Vader and Star Wars figures.

"My dad's really gonna miss his collection," says Oh, who cannot wait to see a full Star Wars bags at a look.

"I'm not really selling my collection at a store yet. And I haven't sold it ever since. So I appreciate it more now."

BRIDES PHOTOS  
BY BRYAN SCHLOSSER



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# INNOVATION

# CHOO-IT

## Oatmeal made with love

By Angelina Erimaci

Doug Campbell is all about making connections — and he's made a lot of them. Sitting with him at a coffee shop in the sitting with a celebrity, everybody knows him, everybody likes him and everybody has tried his oatmeal.

Choo-It was started before Campbell thought of it as a business. In 2004, his mother, Sally, was diagnosed with breast cancer. He stayed home and cared for her mother, along with the rest of his family.

One of his goals was to look after her needs so he created an oatmeal recipe that would change the taste, texture, appearance and taste. As soon as Sally was feeling by the end, he had perfected the recipe — complete with all natural ingredients like cranberries, almonds, blueberries and more.

The natural sugars fibres and fats work together to increase energy while curbing hunger. The first six ingredients listed in here.

"I have no nutrition background or culinary background but I always just have feelings of what is good for your body and I really follow how things affect my body after I've eaten them. I put those thoughts toward the designs and recipes I make," Campbell explains.

In 2009, the cancer metastasized to Sally's brain, and in January of 2009 she died.

After she passed away I had this feeling to just keep going with the product," he says. He gave the oatmeal to his coffee shop and friends he received feedback and recognition. Soon the snack turned into a legacy. He founded the company, as Choo-It. Doug's High Octane Oatmeal, and donated proceeds of each sale to the Canadian Breast Cancer Foundation (CBCF). A photo of Sally appears on the back of each bag.

"I always wanted to give back to CCBF because they did so much to help my mom and it's an important thing to me."



Doug Campbell with examples of Choo-It, which he initially developed while caring for his mother. His donations a portion of all proceeds. #Rebel8 Photo by Michelle Hicks

... I really follow how things affect my body after I've eaten them. I put those thoughts toward the designs and recipes I make. — Craig Campbell



Choo-It developer Craig Campbell likes to sprinkle it on Greek yogurt. (PHOTO BY MICHELLE HENG)

Campbell created two new recipes — baked and bites — that will launch before Christmas. He's enthralled at all the baking participation and packaging in a local Heather's category just outside of Sakashian's. The baked product includes flapjacks, cookies and brownies. A portion of the proceeds will also go to the Alpine Woods Foundation, the baked product, but in his mind, pieces — will go to the Muskoka Valley Authority and the Trans Canada Trail Foundation. When it comes to the Muskoka Trail, he keeps his eye on the trail.

"I got to think of — how much time (is) we spend on the trail, how healthy (it is) (we are) and how much meaning it has to me," he says. The two sets of bites range together as Mountain Trail and whenever Jade does pictures of the two it's always them biting or

walking them.

Campbell explains that Choo-It can be enjoyed in a variety of ways, as a cold or hot cereal and in a smoothie, to name a few. His favorite is on top of Greek yogurt, recently he tried it as a topping on a purple cabbage salad.

He biggest hope is that his products help people live a healthy lifestyle and encourage people to take the leap if they don't already focus on healthy eating. Choo-It is the first step for people to start a healthy lifestyle, he'd be happy. Plus, he's getting it there has more legacy with the community.

"It makes me feel like she's with me every day," he says with tears in his eyes.

Follow the conversation on Twitter at #ChooIt.

## New Barber Shop Now Open

There's a new shop in town, where guys of all ages can come for a haircut, hot shave or facial grooming. Tommy Gun's is open at Millar Crossing. This is not your typical barber shop, your dad or uncle hasn't been patronizing Tommy Gun's. It's blends the traditional with some very cool modern twists. For instance, no appointments required, just use the automated self-check-in that lets you know when it's time for your service and while you wait there are pods for surfing, or arcade games like Hulk Hunter and Pac-Man. Catch the scores on the big screen or watch your favorite channel on the in-cinema TV during your haircut. Tommy Gun's concept is all about catering to men, convenience and a relaxed environment.

Tommy Gun's CEO Jason Volk says, "Sakashian is a booming market of rapid expansion with a strong economy that we think fits exceptionally well with the Tommy Gun's brand. We are super excited to launch in this province but also to bring our business and be a part of this great community."

We caught up with one of the members of the ownership group, who has personal ties to Sakashian.



### What drew you to the Tommy Gun's franchise?

"We believe it's all about finding the right business model combined with excellent locations and great people. If you can put these elements together you are sure to be successful. Tommy Gun's has this plan. It is a great fit for the local crowd."

### What kind of reception have you gotten to the business coming there?

"Sakashian is ready for Tommy Gun's and we have heard a lot of hype surrounding our entrance to the market. We can't wait to open our doors and contribute to what Sakashian is doing, after all Sakashian Shines!"

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# FASHION

## # SASKATCHEWAN FASHION

### Melissa Normandin: Chic blogess inspired in Paris

By Ashley Martin

Melissa Normandin has worked as an essential buyer for Queen V for over a year. The job suits the chic shopper — it's basically shopping for a living.

The same can be said for her new fashion blog, The Chic Society Pages. She's always enjoyed telling people about her finds, and with the blog she decided to say it out loud.

#### BRIT AND GLAMOUR

She launched The Chic Society Pages this summer, passing weekly about style, music and other trends.

"I'm literally talking to myself and putting it on the Internet and I've received feedback from 80-year-olds. The increased feedback from actual big-name brands (such as Havaianas) — which is really big for someone from B.C.," says Normandin.

#### FASHION FIRST

"I must have been four and I remember I had two shirts I wanted to wear from ... and I wore one across [big torso diagonally] and one across [the other] way and I remember thinking 'This is strange, but I'm alright.' That's probably my earliest memory of being uncomfortable about how I wear clothes."

#### PINSPIRATION

"I'm obsessed right now with this picture I found on Pinterest of a girl in just a standard black dress, simple black heels and she has these sport socks on. It's so grown into this."

#### DAY TO DAY

Normandin's day job is as an executive assistant at the U of B. Her career wears out "a lot of conversation" but her colleagues support it.

"I really love dressing each day for how I feel and that's not always on. That's sometimes a little bit more casual than really dressed up. They let me be me."

#### PARIS A LA MODE

Normandin spent a month in Paris in September during Fashion Week, which has inspired many of her recent posts. As with all her travels, or "batches," food was top of mind.

"There [Fashion Week] is really just invite only so I knew I wasn't going to eat into any shows ... I just hung out outside and photographed some really beautiful people. And then I went for dessert after."

Do you have fashion advice to share with our readers?

Email us at [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



Melissa Normandin's outfit (bottom-right) is a shot she found on Pinterest of a woman wearing simple white socks.

#### Ensemble du jour

- 1 **EARINGS:** The Ray. "I really like circles and triangles."
- 2 **NECKLACE:** Queen V. "It was a birthday present. I love that it's the triangle shape."
- 3 **TOP:** Lowes and Friends. "I'm Queen V."
- 4 **CHIFFON BRACELET:** Queen V. "I love this because it's got that hard edge."
- 5 **WIRE CANDY:** Stoedel bracelets from Espe. "I really like Stoel. I like the idea that I know the person that made something that I really enjoy."
- 6 **PAINTED TEE:** Painted invent: pants from Queen V. "I love the idea of traditionally casual situations like a sweatshirt updated that you wear unfashionably."
- 7 **BOOTS:** Coleen Klein. "I like the asymmetrical wedge boot, which makes it easy to walk in. I bought them from Zara a few weeks ago in a [blog] post. I had taken some pictures of them and couldn't stop thinking about them so I had to buy them."

BRIDGES PHOTOS  
BY ERIN SCHLOSSER

# MUSIC

FOLLOW BRIDGES ONLINE at [thestarphoenix.com/bridges](http://thestarphoenix.com/bridges) or you can follow us on Twitter @bridgesYXE or on facebook.com/BridgesYXE

# MORGAN MAYER

## Determination comes naturally for local singer



**“I would love to have a career in music.**

Having a career in something you love doing is everybody's dream. But sometimes, it doesn't pay the bills, so it's about sacrificing and doing what you need to do make that dream a reality.

**“My last album didn't turn out quite the way I wanted. So I'm looking for a new producer, or I might produce it myself. I'm still not sure what will happen next. I hired musicians and we all sang our hearts out. It was great but there are a few things I want to tweak before I release it to the public.**

**“When I was going to Campbell Collegiate, I was a choir nerd. When everyone else was partying, I was at choir or doing something with Do It With Class or Sask-Express.”**

**“I'm really excited about seeing the Saskatchewan music industry grow and being a part of it.”**

A baby it's killing  
to the heart to Bridges a u  
Morgan Mayer  
Not only is her name  
crumpled with her work  
as a singer-songwriter  
she's a member of  
Anvay-all the rated  
Gins With No Wings  
and has plans to work  
with Reggae musician  
Alex Burrells for his  
second solo project.  
To top it off, the 23-year-  
old works full time as a  
model at the agency Milk  
and part-time as a  
runner at File Salter.

Bridges loves Bridges because  
she's not a career-holic  
but still involved in  
music, whether or not  
her clients want a桥梁  
performing and  
recording comes first.  
A year-long initiative in  
of Davids-Books' XRC20  
project, which gives  
away \$10,000 to help  
independent artists, Mayer is  
preparing to put the  
final touches on her  
second album. She says  
she's working on a  
mainly acoustic, a  
country-influenced folk  
sound that's different  
from the punk-inspired  
pop music that she  
wrote as a teenager.

By Andrew Lester



# The StarPhoenix Letters to Santa

**Tyson  
Age 7**

**Madison**  
**Age 9**

DRAFT SANTO

plant life goes, and leaves  
the landscape which you see. I expect  
you learned much English when you were there  
and the French when you were in Canada. I expect  
you had a different kind of English there  
than anything else in America.  
I expect you have a good time in America.  
I expect you will be well treated  
and have a good time. I expect you will be  
very much at home in America.

Dear Santa

Our family has been an opposing element together on  
several occasions going to the family place Monk and  
old farke, however our family also go back to  
old farke's place at the property home for a  
couple of days in the neighborhood to eat at old farke's  
catering and we celebrate a birthday for the year  
of 2010 and our love is 100% mutual and  
devoted.

your friend,  
John.

**Ayden**  
**Age: 8**

Dear Santa

for my CHRISTMAS  
WISHES from  
Suey, Daphne, Mrs.  
W. and William Share  
Jaden AND my  
cousin Leslie

Eric Johnson

Jenna  
Age 5

Thanks to all the  
children for submitting  
Letters to Santa.

Watch for more letters  
in future editions!

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Sunday 1-3pm  
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### OPEN HOUSE

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Sundays 1-3pm  
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**215 - 2315 McClellan Rd.**  
Starting from \$124,500

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realestate@realtorbig.com

## MUSIC

Wednesday, Dec. 4

**Eddie Roberts**  
Buds on Broadway,  
817 Broadway Ave

**Twin Voices w/ Deer Rouge**

Venello's Tavern,  
801 Broadway Ave

Thursday, Dec. 5

**SoundWave**  
Clackers Restaurant and  
Lounges,  
#1-327 Pinehouse St.

**Equal Loudness Curve**  
Buds on Broadway,  
817 Broadway Ave

**Books Series: Jon Bryant w/ Sylphware**  
The Basement,  
302 Fourth Ave. N

**An Evening for Tim Walker**  
Music & Art Tributes  
Venello's Tavern,  
801 Broadway Ave

**Shane Chisholm**  
Piggy's Bar & Grill,  
1403A 14th Street W

Friday, Dec. 6

**Penng Reign**  
Buds on Broadway,  
817 Broadway Ave

**Plano Friday w/ Food Bank**

**Manotuk**  
Plano Series: Second  
Annual Food Bank

**Manotuk**  
The Basement,  
202 Fourth Ave. N

**Jeff Van Dale**  
Army & Navy Veterans Club,  
359 First Ave. N

**Hall Hendry**  
McCarthy Robinson,  
3100 Eighth St. E

**Ralph & Rhymes Kings**  
Fairfield senior Citizens  
Center,  
103 47th Street



Quarter Master of Sun Kite will perform at D'Amico's on 46th Street on Dec. 6.

**Don McConnell Band**  
Teen Town Tavern,  
3330 Franklin Dr.

**Six Moons-Later w/  
Brendan Fisherly, Silent  
Sea and Hello Lucy**  
Amigos Cantina,  
632 10th St. E.

**Day and The Indies w/ The  
Big Island Band**  
Venello's Tavern,  
801 Broadway Ave

**Tim Veugels**  
Piggy's Bar & Grill,  
1403A 14th Street W

**Jamesina**  
Star's Place,  
198-110 Ruth St. E.

Saturday, Dec. 7

**Men Without Shirts**  
Buds on Broadway,  
817 Broadway Ave

**Big Band Series: The Roan  
Town Big Band w/ Dennis  
Hay**  
The Basement,  
302 Fourth Ave. N

**Jeff Starup**  
Mutina Legion,  
1403A 14th Street W

3021 Louise St.

**Jeff Van Dale**  
Army & Navy Veterans Club,  
359 First Ave. N

**Phoenix**  
Downlowe Legion,  
800 Spadina Cres. W

**Wayne Berger**  
McCarthy Robinson,  
3100 Eighth St. E

**The Monarchs w/ All  
Mighty Voice**  
Amigos Cantina,  
632 10th St. E.

**Rockin' the Blues Society**  
presents Bill Short  
Venello's Tavern,  
801 Broadway Ave

**Tim Veugels**  
Piggy's Bar & Grill,  
1403A 14th Street W

**Jerome**  
Star's Place,  
198-110 Ruth St. E

**Sundays, Dec. 8**  
Harry Starup  
Mutina Legion,  
3021 Louise St.

**Root Series: McGrath  
Sixth**  
The Basement,  
202 Fourth Ave. N

Monday, Dec. 9

**Machine Gun Kelly w/  
Homeless Legion, Ward  
Menshevik, Dylan G and  
Dante Berlin**  
Orbitron Event Centre,  
341 10th St. E.

Tuesday, Dec. 10

**Jesse Roads Band**  
Buds on Broadway,  
817 Broadway Ave

**Church of Metal w/  
Lavagait**  
Amigos Cantina,

452 9th St. E.

**Monster Truck w/ We Hunt  
The Bull**  
Orbitron Event Centre,  
241 Second Ave. S.

## # ART

**Mendel Art Gallery**  
Until Dec. 5 at 550 Spadina  
Cres. E. Fall presentations,  
sponsored by Kremers Ltd.,  
feature bewitched Medieval,  
an examination of  
modern and contemporary  
art from the Middle Ages to  
the present, and They Made  
a Day in a Day Here, a survey  
of the work of Canadian

young female artists across  
the Prairies. The NBC Art  
Hall of Artists Memorial  
exhibition, Goliad, features  
an interactive installation  
representing a wheat field  
by Cory Schreiner and his  
mentor, Bruce Montenbros.  
Dec. 4 at 2 p.m., single/  
soloist/duo/ensemble  
soloist presents a free concert  
of love songs in many  
languages. The Members  
Salon in the gallery shop runs  
Dec. 4-6.

**GalleryArt Placement**  
Until Dec. 3 at 228 1/2  
 Ave. 20 on the surface,  
paintings by Kelly Goren.  
Works range from closeups  
glanced through the glass  
of high-end windows to  
clouds reflected on readily  
wetted surfaces.

**PeaveyArts**  
Until Dec. 7, at 234 20th St.  
W. David Kirby Street Art.  
An audio-visual installation  
consisting of four works that  
incorporate sound, projection  
and found objects. They Pull  
the Wolves Over Our Eyes by  
Jean-Sébastien Gauchon &  
a bronze commission by  
PAVED Arts, that interrogates  
the stigmatized (commonly  
known as Magic Eye images)  
which are best seen  
from their balcony.

**Rouge Gallery**

Until Dec. 7 at 200-240 Third  
Avenue S. What a Won-  
derful World by Katerina  
Mertlik. A closing recep-  
tion will be held Dec. 6 from  
5 p.m. to 7 p.m.



Abstract by Katerina Mertlik titled the bird is here for a closing reception at Rouge Gallery.

**Rugar Museum & Gallery**

Until Dec. 14 at 103 Third  
Ave. W. In Sugar An-  
nual Christmas Magic Show.  
Auction, with bidding open  
Monday to Friday from 9  
a.m. to 4 p.m. and Dec. 14  
at 9 a.m. Through 11 a.m.  
Call 306-242-1067. See West  
in Egoist. Call 306-545-3451  
or email [biggarwest@  
sasktel.net](mailto:biggarwest@<br/>sasktel.net)

**Le Relais**

Until Dec. 6 at 301-302  
Fourth Ave. N. Colour map-  
pings, paintings by Jennifer  
de Maigret.

**SCYAP Gallery**  
Until Dec. 20 at 203 Third  
Ave. S. Alchemy from  
PK Arts. This collection  
serves as a bridge in the  
attempt to identify and  
explore deep-seated, dark  
and repressed emotions  
through expressing them in  
the creation of non-objective  
work.

**Hard Wax Gallery**  
Until Dec. 20 at 409 Third  
Ave. In Meesha A Sto  
Up. mixed media, gallery  
artist exhibition.

**Void gallery**  
Until Dec. 22 at 2-1006  
Fifth St. S. Team Works.  
Their annual show of art  
priced from \$50 to \$100.  
Featuring works by local art-  
ists.

**Qualified Galleries**  
Until Dec. 24 at 405-105  
21st St. S. Holiday Small  
Works Show. A variety of  
small works are offered for  
the holiday season. In-  
cludes paintings, drawings,  
sculptures, textiles, glass,

ceramics and furniture by  
gallery artists. Hot drinks  
and cookies will be offered  
Saturdays through Decem-  
ber.

**The Gallery at Frances  
Morson Library**  
Until Dec. 27. In the first  
of a collaborative installation  
of 130 works by four artists,  
each working in a different  
medium. Fused glass by  
Louisa Ferguson, fibre by  
Judith Gillek, mixed media  
by Kathryn Green and ink by  
Mary-Anne Parker.

**Centre 203 Galleries**  
Until Dec. 27. In The Centre.  
Work by Leslie Staszewski &  
Ami, work by Monika Kinner-  
Shaw, work by Sevill  
Wheeler. The Centre is a  
private art gallery for itself.  
Photo Art, photography by  
Kassandra Perry for show and  
sale, displayed by the House  
Team to the Division and  
display from the Steeles-  
Tulip Public School. Board-  
members made of  
Sally's works on Thursdays  
and Fridays from 12 p.m.  
to 3 p.m., 35 per cent of pre-  
saled will be donated to the  
Tiyabin-Hagan relief in the  
Philippines.

**Ukrainian Museum of  
Canada**  
Until Dec. 31 at 910 Broadway  
Ave. Contemporary, Indi-  
geny & Power: The Paper  
Currency of Revolutionary  
Ukraine 1917-1920.

**Perkins Centre**  
through December at 110  
Greeper Crs. Essays in  
the Details, paintings and  
photography by Shannon  
Wegener. Intricate graphic  
drawings, wildlife art and  
nature photography.

**Geffenaker Canada  
Centre**

Through December at 101  
De Tilsniker Rd. Touch the  
Story of Aero  
Canada. This year's pre-  
ferred partners will be the  
Globe and Mail. They will  
host a special reception for  
visitors to look beyond the  
continuing surrounding the  
Aero Aero, and focus on  
the history and accomplish-  
ments of Aero Canada.

**Affinity gallery**  
Until Jan. 4 at 303 Broadway,  
various loc. 30th Dimensions,  
proudly by award winning  
artists Michael Heukek and  
Susan Rankin. The Legend  
of the Red Thread, a book

that visually recounts the  
legend of the Red Thread.  
It's a collaborative piece  
by Monique Martin and  
Cathryn Miller. A closing  
reception will be held Jan. 3,  
1 p.m. to 3 p.m.

**Galeries Restaurant**

Until Jan. 5 at 731 Broadway  
Ave. Seeking Kindred, a  
new art and ensemble  
landscape works by Kathy  
Guthrie. Inspired by  
Guthrie's annual trips to  
the Yukon, Kindred is  
curious and open to  
bring further awareness to  
the recent closing of the  
Agora. A portion of sales  
will go toward the Yukon  
Kindred organization.

**Handmade House**

Shewee's  
Until Feb. 1 at 910 Broadway  
Ave. Contemporary, Indi-  
geny & Power: The Paper  
Currency of Revolutionary  
Ukraine 1917-1920.

**Black Series gallery**  
Open through the winter  
at Northside Antiques on  
Highway 2. After Give, a  
group show featuring Fall  
leaves and colours of the  
Boreal Lakeland region.

**# SPECIAL EVENTS**

**Merry Prairie Christmas**  
Dec. 6, 7 p.m., at Broadway  
Theatre. An evening of con-  
temporary Christmas music  
with jazz, blues.

**Chamber Ensemble Con-  
cert**  
Dec. 6, 7:30 p.m., at Quince  
Theatre in the U of S Education  
Building.

**Free Non-Contact Series**  
Thursdays, Dec. 5, 12 and  
19, 10 p.m. to 1 p.m., at Third  
Avenue United Church. De-  
livered by Polysync, a phys-  
ical therapy clinic.

**What you need to know to plan your week.**  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Goodchild** (Dec. 12, 8 p.m.  
McNeil on trumpet and  
Michelle Alderson on piano  
and organ. Dec. 13, Renée  
de Molisse on pipe organ.  
Bring a lunch. Coffee and  
tea are provided. Donations  
are appreciated.

**Pakelus** (Dec. 6 and 6 p.m.  
Dec. 6, 8 p.m. at 7 p.m.,  
dance at 9 p.m. at Nutana  
Legion, 3021 Louise St. A  
legian Fundraiser. Featuring  
the Elm Remnant Ensemble  
and England.

**The Yukon Christmas**  
Dec. 6, 7:30 p.m., at The  
Roxay Theatre. The accapella  
group sings classic Christ-  
mas songs. Proceeds sup-  
port Yukon Sled Dogs, an  
after school program that is  
teaching students at  
Vivian Massey school to  
play sled dogs.

**Free New Dance Theatre's  
WUJU** (Dec. 6, 8 p.m., at the Refle-  
x in the Free Dance Theatre  
presents their Works in  
Progress: New Dance Series:  
Gard of Inhaled Weir. Chor-  
eographies by Ingrid Free  
Free Dance Theatre. Kalam  
Dance company and Jessie  
Gason. Each artist will pres-  
ent a finished work which  
was began during the 2011  
WUJU Season.

**Winter Wonders Hand-  
made Market**  
Dec. 6, 4 p.m. to 10 p.m., and  
Dec. 7, 10 a.m. to 5 p.m., at  
3333 Jasper Hill. 300  
Eighth St. E. Presented by  
Flock & Gather Craft Collective.  
Refresherments are  
provided.

**Third Annual Warenkente  
Christmas Artisan Sale**  
Dec. 6-7, 10 a.m. to 3 p.m.,  
at Warrenkente Heritage  
Park. With besides, covers  
and painters displaying and  
creating their works.



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# EVENTS

## Broadway Spirit of Christmas

Dec. 7, 12 p.m. to 4 p.m., on Broadway Avenue. Santa and Mrs. Claus will be walking up and down Broadway Avenue with coupons and gift certificates for shoppers. The Griswold Singers will be leading Christmas caroling, starting at the Little Stora Stage every hour.

## A Buncha Boys Christmas Concert

Dec. 7, 7:30 p.m., at Knox United Church. A sing-along concert of 30 songs, men. Tickets at McHale's Restaurant or at the door. Donations will be accepted for Shikshin Retreat Centre.

## Holiday Gospel Spectacular

Dec. 7, 7:30 p.m., at TCU Place. Saskatoon Symphony Orchestra's holiday concert, featuring The Refrainers Chorus, with choral director Lloyd Calhoun Sr., MC Leslie Greenhill, Santa and Mrs. Claus, Love Brass instrumental choir and a holiday market.

## Second Annual XOXmas Spectacular

Dec. 7, 8 p.m., at Free Flow Dance Centre, 224 25th St. W. Presented by The Rosebud Barbecue Club. A classic burlesque show for the holiday season.

## A Pilgrimage Gathering at the Man

Dec. 8, 1 p.m. to 4:30 p.m., at the Man Residence, 326 11th St. W. The historic Man Residence will be decorated for the holidays. With seasonal music and refreshments.

## Velveteen Rabbit's Christmas Concert

Dec. 8, 3 p.m., at the German Cultural Centre, 160 Carlton Street. With the Canadian Dixie Band. Coffee and cake will be served after the concert.

## Saskatoon Choral Society

Dec. 8, 2:30 p.m., at Genesis Westminster United Church, 325 10th St. W. Then fall concert. A. Kinsman follows the performance.

## Hallelujah Messiahs

Dec. 8, 3 p.m., at Bethel Mennonite Church in Rosetown. Featuring Station Singers of Rosetown and Prairie Virtual Chorale Ensemble with soloists Deborah Miller, Lisa Homung, Robert Dick and Matthew Pauls. Call 306-232-0033.

## Goldilocks Singers

Dec. 8, 3 p.m., at Zion Lutheran Church. A concert of seasonal choral music and a silent auction. Visit [www.goldilocks.ca](http://www.goldilocks.ca).

## The Human Castle

Dec. 8, 10:30 p.m., at TCU Place. A national tour raising funds and awareness for Canada's Hunger Initiative. Trent Antoniou, George Canyon, One More Gift, Beverly McHood and Shannon Hayes.

## Two-Part Annual Memorial of National Day of Remembrance and Action on Violence Against Women

Dec. 6, 10 p.m., at Civic Square outside City Hall. Speeches, flag lowering and an art installation to commemorate the 1989 Polytechnic Massacre in Montreal. On Dec. 8, 3 p.m., a memorial service at the U of S. A Bell for the women who were murdered, followed by a panel discussion with various community members who are all involved in working toward violence against women.



Jim Huston as Charles Dickens in A Christmas Carol, showing at the Man Residence on Dec. 8. [www.mansuite.com](http://www.mansuite.com)

## The Stars of Christmas

Dec. 10, 8 p.m., at Forest Grove Community Church, 302 Webster St. Presently the Magic City Chorus with Sebastian Drury, Ursula Hartman, Carol and Magic City quartets Acclaimed Tenor and Soprano

and the Saskatoon City Hospital Foundation

## # THEATRE

### A Christmas Carol

Dec. 4, 7:30 p.m., at the Man Residence, 326 11th St. W. Author John Huston performs A Christmas Carol. With dessert and musical entertainment after the performance.

### Amiee

Dec. 4-6, 7 p.m., at Holy Cross High School. The tale of Little Ostrich Anna is a reader for all ages. Call 306-659-9222.

### Three Cozy Ladies in the

House on the Corner

Dec. 4-17, 6 p.m., show at 7:30 p.m., at Maybell United Church, 1002 33rd St. W. A comedy by Peti Code.

### directed by Dennis Bierling

Presented by Maybell Productions. Nurse Jean must care with three elderly sisters and keep them planning parties, pulling pranks and joking in costume. Then their nephew arrives to sell the house, with Christmas just around the corner. Call 306-659-9446.

### Engelhardt, Impeckable's

Horror and Trivial

Dec. 9-11, 7-9 p.m., at Broadway Theatre. Presented by Little Ozarks on the Prairie Inc.

### Run For Your Life

Dec. 9, 8 p.m., and Dec. 9, 2 p.m., at The Rialto. Written by Ray Cooney. Presented by Maybell United Church. A comedy where mislabeled identities, cross-dressing and mayhem are all in a day's work.

## Millieville: The Gift

Runs to Dec. 8, nights at 8 p.m., weekdays at 1 p.m. and Sundays at 2 p.m., at Studio 914, 914 20th St. W. The world premiere of a new chapter in the 100 Christmas story series. 2014. Millieville is expecting company this Christmas. Her youngest grandson, knowing his affinity for separateness, has set out to buy him the best Christmas gift ever. Meanwhile, Millie has been accidentally struck by a snow blower.

## The Man Who Wouldnt be Santa

Runs to Dec. 15, Tuesdays to Sundays, at The Barn Playhouse. Written by Peti Code. A small town police station gets a couple of unexpected visitors one Christmas Eve. The first, an unknown Santa who seems to know all about them, the second, a "big city" police inspector who can make a federal case out of a parking ticket. Visit [www.barnplayhouse.com](http://www.barnplayhouse.com)

## Rah, Hunking

Runs to Dec. 15, Thursdays to Sundays, at Dancing Sky Theatre in Macleod. Partned by the Prairie Prince Company. A comic treat of Charles Dickens' A Christmas Carol, set in the mythic small town of Hunking, world of Jack, the Willow Springs, Marty St. Orange, Fred, and the rest of the Hunking cast. Visit [www.hunkingtheatre.com](http://www.hunkingtheatre.com)

## The Black Boa/Opal of Wallace MacCleivens

Runs to Dec. 13, 8 p.m., at Rimbey Theatre. With matinees Sundays and Dec. 9, 10-11 a.m. Written by Peti Code. Mitchell's A small town shoemaker and avid curler will do anything to win the Brier, including making a deal with the devil.

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# ANGELA FRERIKS

## Survivor's 'lighthearted read' about brain tumour



Angela Freriks — author of *Cranium Crisis*

It all started when I decided to attend some workshops with writer and reinforce Alice Kepers I worked with Alice, and she encouraged me to "get the words on the page." I longingly started writing a fiction book, but decided to set that manuscript aside.

Soberly, I felt inspired to write an authentic story and I believe it's a story worth telling. I journal about my thoughts and experiences in a newly released book entitled *Cranium Crisis*, published by Word Alive Press in Winnipeg.

Readers will enjoy the book because they will be in my company as I'll shout my journey with a tumor, tumor symptoms, sympathetic seizures, a life threatening operation

and recovery.

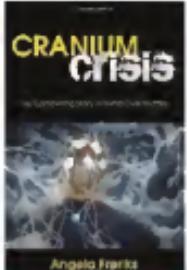
It's a lighthearted read. I used a mix of hope, faith and humor to cope during a very trying time in my life. Hopefully my words will make people appreciate their fortunate good health. I want to encourage anyone facing a difficult or uncertain battle in their life to never give up hope. My husband and I along with my tumor, clashed through *Cancer Mania* — so anything is possible. We collected pledges and raised money for the Brain Tumour Foundation of Canada.

It's an intriguing story shared by a brain tumor survivor, with photo in the middle. I feel like I've been given a second chance at life. I felt compelled to write about my

personal journey, but added other excerpts, so the book isn't strictly health related. Other members have been included.

For a first time author I was born and raised in Weyburn, but now live in Saskatoon with my husband. I operate my own small service. It's very gratifying to see my book on the bookstore shelves, lying on my clients' nightstands and knowing it's in the hands of family and friends.

The book is available in Saskatoon at Indigo and McNally Robinson Bookstore, as well as online through Chapters/Indigo. Amazon.com or Asia eBook formats are for sale on Amazon Kindle, Apple iBook, Nook eReader and Chapters/Indigo Kobo.



Angela Freriks

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# SHARP EATS

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## # GOLD MEDAL PLATES

### Gold medal dishes elevate cooking to an art

By Jenn Sharp

The winners of Gold Medal Plates proved that cooking is much more than providing sustenance. This is cooking elevated to an art.

The winning chefs brought out the best flavours in their chosen wine through a special food pairing. To top it off, their dishes would sit right in at any art gallery. Nothing was placed in these plates on a white. Every element, from a flavor point to a drizzle of jelly, was thoughtfully planned and carefully executed.

The regional Gold Medal Plates competition for Saskatchewan were held in November. The winners go on to Red River College's Culinary Championships, where the winning chefs from each province compete.

Tanner Robertson brought home the gold in the Saskatoon final in duckcon with a duck of Moscovy duck, rice grissi and truffle puree, topped with duck prosciutto. Served cold, it was considerably lighter than the most unique dishes that night.

Moscovy is the best eating duck due to its low fat, unique flavor and fat texture. Paul Vines Parrot brought the duck in and raised them specifically for Robertson's dish.

Since the ducks were raised as corn, Robertson wanted to pair the whole dish with Saskatchewan corn. The corn was grown near Kindersley. Once the bird sat, it was sliced and seared. Then Robertson's team began to experiment.

A dehydrated corn puree medium was turned into a cake that carried an aged corn flavor. A drizzle of aged corn puree, along with corn caviar, goes with the dish. This is just one of a few of the other corn elements.

A unique element that stood out for both judges and audience outside of Jones' corn was the man's rich corn flavor and the man's rich corn flavor.

A unique element that stood out for both judges and audience outside of Jones' corn was the man's rich corn flavor and the man's rich corn flavor.

From there, the final artistic version emerged.

Judges: Thaddeus of Come Kitchen + Wine Bar brought home the gold in Regina with his rabbit holloway, featuring meat rated by Regina's French Fries.

White rabbit is common in Quebec and larger cities, that's not the case in Saskatchewan. Thaddeus wanted to elevate its profile locally.

"I think rabbit is a very underutilized protein in these parts and the first thing I try to do is to keep it out of expensive wines that I don't think the public will appreciate," he says.

The dish was built around his chosen wine, Jones Cellars 2010 Two Hosts, one of the best in the competition according to Thaddeus. He paired it alongside with the rabbit.

"Ultimately, when you're pairing a wine with rabbit, what's on the bottle is on the bottle. The dish can be altered to fit with that. It's easier to work around the wine and start picking flavours from that."

The colourful dish was topped with nasturtium flowers from his garden and a thoughtfully prepared rabbit stock infused butter, wrote Charlie in his blog at [www.joneschateaux.com](http://www.joneschateaux.com). The butter was chef's way of working the rabbit profile into the grilled breast. And the girl on the board highlighted the rancid in the wine.

"Everything was about cohesion and pairing other components with each other," explains Thaddeus.

Now, it's time for both chefs to fine tune their dishes before the awards, which will include: resulting their original dish for the people and a black-tie competition with a monetary component. For the final day of competition, each is given a star and with a timed heat get and resources. Then, anyone food to match the wine in time to serve a snippet menu that night at the grand dinner.

After Milton Belotti placed third at last year's culinary championships, proving Saskatchewan is on Canada's culinary frontlines, I have no doubt that year's competitors will make our province proud. Here's wishing you both the best of luck!



#### SASKATOON GOLD MEDAL PLATE WINNERS:

**GOLD:** Tanner Robertson, Saskatoon Hotel

**SILVER:** Paul Vines Parrot, Western Concessions

**BRONZE:** Mike McKeown, Prince Hotel

**Photo:** Robertson's winning dish at the Saskatoon Gold Medal Plates (featuring an artistic combination of duck and corn elements). A corn caviar, corn bacon, bacon and corn puree were all flavor highlights the Moscovy duck and corn puree. **PHOTO COURTESY TANNER ROBERTSON**

# OUTSIDE THE LINES



## # Colouring contest

Each week, SkyeAnne McKey creates a friendly illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridget@westcarolina.com](mailto:bridget@westcarolina.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Andrew Paterpyns. Thanks to everyone who submitted entries!



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## # ASK ELLIE

## Good 'friend' is just stringing love-struck guy along

**Q.** Few weeks ago, my bf. for over a year. She was in a relationship with my fraternal brother. Before that, because nothin', she and I had a weekend together where, unexpectantly, things happened. When her boyfriend came into the picture, I stayed away but he stopped speaking to me. Since then, he and I have corresponded again as best friends.

She's aware that I want it to be more. She and I want the same. But now she's feeling around with some random guy because she doesn't want to ruin what we have.

I've never met someone who understands me so completely. She's told me she doesn't think she deserves to be happy. She knows well what each other completely happy but for what ever reason, she won't allow it.

## Wanting More

**A.** Reality check: She's taking double-peak. She may be a great friend or an understanding fiducier, but she also loves how to keep you happy while she's with others.

The "I don't deserve happiness"

## Ask Ellie



line means, "not worth you, not now." There may be reasons — baggage from the past — or not. Or she's just not into romance with you. Decide if you can handle a close friendship where you can keep kept at arm's length physically. If not, take some distance.

**Q.** My boyfriend of four months is in basic training as a rice rat, so there's no phone or personal contact unless through e-mail.

He's halfway through and sometimes I can't remember him — what he smells like, looks like, his laugh. I don't want to forget because I like him a lot.

Hyperfocus on logistics, we probably aren't meant to be, and it just makes me mad. I hate when people say we're too young to know what love is. I've been 30 and I part that I believe that. I need some hope-heads.

## Missing Him

**A.** No one knows what's what — but even of 30, loving and missing someone can feel powerful, especially when there's forced absence. Add to that the drama of having to make it for the moment, and it's no wonder your emotions are strong.

Four months isn't a long relationship, so it is no surprise that your senses haven't memorized everything about him.

Meanwhile, he undoubtedly misses you too. The best ongoing connection is through letters of encouragement and support to him.

**Q.** My 10-year-old stepson eats and eats, and never gets full. He can eat 10 slices of pizza and want more. I have to serve all kids meals; otherwise he'll

take a portion for three people.

If he eats for hours, I have to serve that for him to actually clear the fridge. What should I do?

## Constant Snacker

**A.** How strange him. He's not a child, rather a hungry teenager going through a daily cushion pattern for bags.

Unless you suspect a new medical problem (like, perhaps, or obesity weight), this is likely matching the energy he puts out just growing and developing.

Set up bridge activities that are "fun" — with sliced meats, cheeses, breads for example so he can make himself sandwiches. Much easier than leftovers that are designated for a next meal for the family, so he knows what NOT to eat.

Buy the economy size boxes of healthy snacks (raisin snakes) and instead be okay with you weekly to do healthy snacking.

My own stepson cleared the fridge of that age. I was hot, and that has an adult on board.

**Q.** A couple in their late 80s, just met over 30 years, have never gone out without the other since the early 1980s. Adolescence. They've never fully moved three officious and often helped their grandchildren.

Even when together they don't talk around town beyond attending masses, a cause and visits to their children's houses.

He refers to her as "my wife" even when she's eating bowlie bars.

It's always to use to never go any where around town and never go ANYWHERE without the same person always by my side.

## Observer

**A.** Call it comfort attachment, can't seem love. But don't judge. His partner may love being called "my wife." It's a bond they made and have made for many years than many that need never outside stimulation.

Conversely, spouses and grandchildren can be a bit rough life in their 60s. The fact that it's not to your taste is of no significance. Appreciate them in their own merit.

# Next week in BRIDGES

Julian Nahachewsky  
overcame one  
of life's greatest  
obstacles



# GARDENING

## # NORFOLK ISLAND PINES

### Going green for Christmas and beyond

By Erl Svendsen

Although many of us LBOO residents trace their origins to Australia's penal colonies, Norfolk Island today is a peaceful farming community, lying 1,458 kilometers east of Australia. Its chief claim to fame is the Norfolk Island pine (*Araucaria heterophylla*). It resembles a species it is called a pine, but actually neither it's an evergreen nor after belonging to a tropical and subtropical genus found throughout the South Pacific.

With the look of a much-thinner Christmas tree, Norfolk Island pines are found in garden centers and other retail outlets, especially at this time of year. A live potted specimen, they make an excellent alternative to a cut tree, and can resume their role as a houseplant once "the season" is over.

The short, slightly curved, wavy green needles occur singly and densely along young stems. Branches are held straight out or slightly upward-panting from the axis trunk, but the paired side branches, along the main branches, may be slightly weepy or droopy, especially when grown indoors. The tree is very symmetrical, forming a triangle when viewed from the side and a many-pointed star from the top leading to its aptly common name, "star pine."

In its native habitat, Norfolk Island pines reach 50 feet, but numbers in Canada and only a few places in the United States, including the successfully grown evidence to maturity even in Florida, where most of the potted Norfolk Island pines are grown for the houseplant market, they are easily daunt-

aged by occasional frosts and strong frequent hurricanes. Indoor, it's still growing with a somewhat weak branch effect requiring support since it's over 20' — perhaps a good time to start fresh.

When determining ideal growing conditions for a houseplant, it's useful to look to its native outdoor environment. For this tree, "heterophyllous" means short-day temperatures. Norfolk Island pines cannot tolerate chilling or freezing, so keep them away from cold drafts from doors or windows. Also, keep them warm and protect them during transport from store to home.

Organizing from a small island suggests a preference for high humidity and dependable moisture, particularly during the winter when our generic houses are so dry. Additional moisture from humidifiers and saucers, or by placing the pot in a gravel tray filled with water (ensuring the bottom of the pot is not in contact with water) is beneficial. Adapted to moist, moist soil requires well-draining potting medium. Water regularly to maintain a moist but not soggy medium; taking care not to let the soil dry out completely.

Well-draining soil also implies that it does not require a great deal of sunlight to grow well. Translating, apply a half-strength, all-purpose fertilizer monthly during the 30-50° environmental months.

Finally, this is a tree-based tall (full) sunlight in its native habitat. Provide lots of light in a south-facing window during winter, and bright, indirect light in summer. Remember to turn the plant occasionally to maintain a uniform shape.

If you decide to decorate your Norfolk Island pine for Christmas, use LED lights.



A Norfolk Island Pine needs a tropical environment to thrive. For decorating, use LED (low heat) lighting. PHOTO COURTESY OF ERL SVENDSEN

They give off very little heat that would otherwise dry the branches out, and they use very little energy benefiting the environment and your

power bill. Minimize other decorations to avoid damaging the tender branch tips. When pruning, always take off the most thing you just cut.

The advice from Goo Goo, 18th Century fashion maven: "When accessorizing, always take off the most thing you just cut."

This column is provided courtesy of the Sebastopol Preservation Society. www.sebastopolpres.org. Contact: kurtis@sebastopolpres.org.

# ON THE SCENE

View more **On the Scene** photos  
at [Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE).

# UNITED WAY DINNER DATE 2013



## ON THE SCENE

UNITED WAY DINNER DATE 2013



## Nuts About Nature

## At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Borrow a family 'Nature Activity Net-Pac' and hike a trail... nature awaits!

Guess what kids? You can send your questions to me at the address below. Dear CRA, 1. I found a yellow jacket wasp and thought it was dead. I brought it inside and it started crawling around? Do all wasps freeze and thaw like that?

Not all yellow jackets have the ability, only the new queen. At the end of summer all of these yellow jacket nests will start producing new queens and male drones (reproductive male wasps). There is recognition of relation with the same nest as before. The will travel to areas with places from old nests. Once the new queen arrives across the new queens will find a place to spend the winter and the others will go off. When you find your queen she probably had her wings tucked in (inside) under her abdomen, protected for winter hibernation. The queen begins to change so that she can produce eggs. She begins to eat meat, insects, and other insects to build up her strength. She could who would not her brood until they mature. These workers will take over the care of the nest while the queen focuses on laying eggs. That is their intent, the quick end of the house and their. She consists, until finding a mate, to bring up the nest.

Send your questions to me at the address below, then watch *Bindges* for the answers.



Meewasin 22

Check bridges for the answers.  
"Dad"  
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Boulders 446-8710-2028  
Checkers 651-9325, 2000-271-2470

The United Way Dinner Debut 2013 was held in TCI Plaza's Grand Saloon on Nov. 27. Every year, a couple is honoured and their leadership in the community saluted. This year's honourees were Shirley and Murray Brown who have supported and contributed to Stratford in numerous ways over the years. The evening's theme focused on the Browns' formula for success by balancing career, travel, family and hobbies with community involvement.

Denver Gate is also a major contributor for the United Way's Community Campaign goal, which is set at \$5.5 million this year. This year's event, presented by Deloitte, raised over \$360,000 for that goal. Individuals and companies in Saskatoon are encouraged to support the United Way and its agencies through Denver Gate contributions. Since Denver Gate's inception in 2006, over \$2 million has been raised.

#### The United Way of Central Texas and Area

works to address complex social issues by investing in and supporting a large network of local agencies, programs and

1. Christine Babyn, Shawna Reches-Miller, Shirley Gunzby, Dr Jenny Bremner and John Mytakakis, for Phenomenon Discovers...
2. Erin and Justin Bussell, with baby Anna
3. Bill and Eleanor Edwards and Ben Holland
4. Craig Armstrong-Jones, Greyeyes and Mandy Hender
5. Nenita, Kachet and Shirley Zhai
6. Tracy Anna and Linda Siemens
7. Myra Poter and Mary Jane Waugh
8. Guests of honour Murray and Shirley Petersen

BRIDGES PHOTOS  
BY RICHARD MARSH

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# The Baby Blocks...the Babies of 2013!

The StarPhoenix annual tradition honoring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at [thestarphoenix.com](http://thestarphoenix.com) for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kyle Cheerie  
Shepard  
Born July 9,  
2012  
6lbs 16 oz  
20.5" long

Daughter of  
Colleen &  
Paul Shepard

Baby sister to Karen, Dawn & Kelly  
Proud grandparents  
are Sue & Murray Shepard

She is our bundle of joy!

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Regular Size: \$40+gst/ Double Size: \$47+gst  
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**Final Deadline:** Monday, December 16, 2013



Complete the attached form, include a large, clear picture of your baby and prepayment of your announcement to:

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Attn: Marlene Classified Advertising, 204 6th Ave. W Saskatoon, SK S7K 2P1

Enclose a large (jpg) photo and your wording to [advertising@thestarphoenix.com](mailto:advertising@thestarphoenix.com)

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Check box for your choice of phrasing

Proud parents are \_\_\_\_\_ Son of \_\_\_\_\_ Daughter of \_\_\_\_\_

First and Last Name of Parents

Or specify alternate wording - Grandson of Bob and Jean Smith

If you choose the Front Page or Enhanced Size option please include any additional write up about your baby that you would like included in the announcement

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## RECIPES

## Low-carb, high-flavour quiche



This low-carb Cauliflower Bell Pepper Quiche is cooked in a single slice. THE ASSOCIATED PRESS

For those nights when you need something higher, I give you this simple low-carb, high-flavour "quiche" that calls for no grains, no gluten and no heavy lifting.

It has, in fact, because it's going to dinner on busy weeknights simply because it is so effort less. It also happens to be pretty versatile. The whole thing is cooked in a single skillet and requires only a few minutes hands-on time.

## Low-carb Cauliflower Bell Pepper Quiche

Be sure to eat your cauliflower florets very small, something between the size of a nickel and quarter is ideal. This ensures they cook quickly and evenly in the skillet.

Start to finish: 30 minutes

Servings: 4

- 2 cups small cauliflower florets (about 2 heads)
- 1 large red bell pepper, cored and chopped
- Salt and ground black pepper
- 8 egg whites or 1 1/3 cups pasteurized egg

- 1/2 cup chopped fresh thyme
- 1/2 cup garlic, minced
- 1/2 cup fat-free, crushed, feta cheese

1. Heat a large skillet over medium heat. Coat the pan with cooking spray then add the cauliflower florets and bell pepper, spreading them in an even layer. Season with salt and pepper. 2. Cook, without stirring, for 3 minutes. Lift to turn the florets, then let them cook another 3 minutes without moving them. Once the florets are evenly browned, cover the pan and cook for another 3 to 4 minutes.

3. In a bowl, mix together the egg whites, thyme and garlic. Pour evenly over the vegetables, then reduce heat to medium low, cover the pan and cook for 3 minutes.

4. Sprinkle the feta over the quiche, then cover a gain and cook for another 2 to 4 minutes, or until the eggs are completely cooked. Season with salt and pepper.

The Associated Press

## Crossword/Sudoku answers

CHW	SPRY	PUSKIT							
AVE	YODO	KEPANA							
RIAS	GW	BISHIFFISH							
LASS		BASTEE	REPIC						
STERMAR	BOROBOD	IN							
JELLYBEAMS	MORO								
RDS	EDAS	CASES							
GRANDYCOR									
STRAD	CAVE	EDG							
TWIN	NOTI	WAL							
POETMAN	ILEMEN	ME							
ETS	ABZUG	GATE							
TOOTER	ROLL	ASZ							
ENLIS	GRIP	TIN							
REBEE	EYES	EDG							

5	1	3	4	7	2	8	9	6	
9	4	7	8	6	3	1	5	2	
6	2	8	1	5	9	3	4	7	
4	3	5	2	9	7	6	1	8	
8	6	2	5	3	1	4	7	9	
1	7	9	6	4	8	5	2	3	
2	5	4	7	8	6	9	3	1	
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7	9	6	3	1	4	2	8	5	

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